

Support System Map


PURPOSE

The purpose of this tool is to prompt educators to reflect on the relationships they can draw upon to buffer their own stress, as well as the relationships that students can draw upon while they are at school.

DIRECTIONS:

Using the space below:

1. Complete your map by drawing 3–4 places where you most often feel stress. These might be physical locations, or situations you are often in.
2. Create your support system map by labeling the relationships you can rely upon to help you with that stress in each place. That might include a person actively helping you to cope with stress, a person doing something to make the situation less stressful, or a person just showing their friendship, care, or support for you.



Reflect:

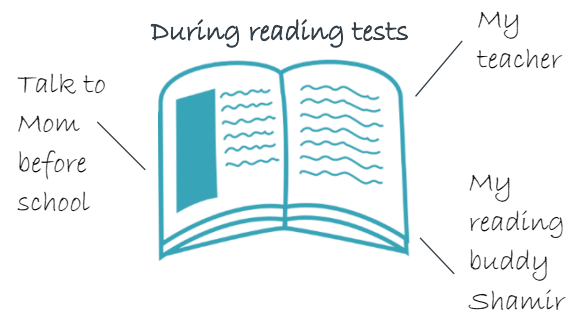
If students were to complete this tool, what might they list as their most stressful places or situations while at school? How do or how can buffering relationships support them in each place?

Support System Map

DIRECTIONS:

1. **On the map, draw 3 or 4 places where you feel stress.**
These might be actual places, like in the classroom or at basketball practice, or situations, like when you are with friends or when you need to take a test.
2. **In each place, write the names of people who help you to feel better.**
They could ...
 - Talk with you about why you are feeling stressed
 - Teach you ways to help yourself feel less stressed
 - Cheer you up or take your mind off the thing you are stressed about
 - Just show that they care about you!

Here's an example:



Think about how these important people help you:

Look at your map – wow! You have so many people who support you. Think about the things that they do to help you feel less stressed. Can you do the same thing for other people when they are feeling stressed, nervous, or upset?